

# TRICARE NORTHWEST

Volume 8, Issue 5  
May 1, 2000

<http://tricarenw.mamc.amedd.army.mil>

## Reed Honored by the Army Surgeon General

Sharon D. Ayala, MAMC PAO

COL (Dr.) Lester Reed, chief, Department of Medicine at Madigan Army Medical Center, was honored by LTG Ronald Blanck, Army Surgeon General, during a March 14 ceremony conducted in Letterman Auditorium.

Reed was presented the 1999 "Lewis Aspey Mologne Award," which is the Surgeon General Award for Military Academic Excellence.

A professor of medicine at the Uniformed

Services University of Health Sciences and a clinical associate professor of medicine at the University of Washington School of Medicine, Reed admitted that he was shocked and surprised when informed that he was this year's recipient.

"I was extremely surprised. The award is admired by everyone in the Army Medical Community and since there are a tremendous number of deserving individuals, who, I am

sure, were recommended, I was shocked, pleased and honored all at the same time when I was notified."

For the last three years, Reed has served as the chairman of the Madigan Improvement Awards Program. This program offers monetary incentives to staff members for their innovative projects that contribute to the improvement of the hospital.

When asked what

*(Continued on page 4)*

## Inside this issue:

Reed Honored	1,4
LTC Mittelstaedt Recognized For Nursing Excel-	1,2
Gruppo selected Physician Assistant of the Year	2,3
Beaudoin Honored	3,4
NHOH Health & Fitness Fair	4



## LTC Mittelstaedt Recognized For Nursing Excellence

LTC Wyonna Bice-Stephens

LTC Elizabeth A. Mittelstaedt, chief, Maternal Child Nursing at Madigan Army Medical Center, was chosen as the 1999 recipient of the Association of Military Surgeons of the United States Clinical Nursing Excellence Award at the Novem-

ber AMSUS Conference.

The award was designed "to recognize and honor accomplishments and work performance in clinical nursing, resulting in contributions of an outstanding and sustained nature by a nurse, which has had substantial impact on the mission of

a Federal Health Agency." Mittelstaedt credits her accomplishments to the health care personnel and patients at Madigan, saying "It is the team that gets you there. Although my name is on the plaque, the award actually belongs to the Maternal Child Health Sec-

tion and Madigan leadership." She cites Madigan as "an organization that allows you to grow and achieve."

Mittelstaedt serves as the Consultant in Maternal Child Health Nursing to the Army Surgeon General. As Chief of Ma-

*(Continued on page 2)*



## LTC Mittelstaedt Recognized For Nursing Excellence Cont.

*(Continued from page 1)*

ternal Child Care, she oversees Labor and Delivery, the Mother Baby Gynecology Surgery Unit, the Neonatal Intensive Care Unit, and Pediatrics. She represents a true role model in the area of maternal child health nursing, where she has led the way in the development of programs to support infant security, breast feeding, and grief counseling for families who experience pregnancy or in-

fant loss.

The lieutenant colonel can always be counted on to be a patient advocate for those who may be too young to speak for themselves. A role model and mentor for many personnel, she is a dynamic leader who is well-known for her ability to develop staff members and help them achieve their fullest potential. She has focused on education in the ever-changing area of maternal child

health nursing, and implemented a distance learning program that resulted in significant savings for the medical center.

A native of Beresford, S.D., Mittelstaedt completed a Bachelor of Nursing Degree at South Dakota State and a Master's of Nursing Administration Degree at the University of Washington.

## Gruppo Selected Army Physician Assistant of the Year

Sharon D. Ayala, MAMC PAO

He enlisted in the infantry in 1986 to rejuvenate his college studies, but within two years, he realized he loved the Army and decided to reenlist as a Special Forces Medic. Today the once-Special Forces Medic, now a physician assistant, has conquered enough challenges in his Army career to be recognized with the 2000 Surgeon General's Physician Assistant Recognition Award and the U.S. Army Physician Assistant (PA) of the Year.

CPT Leonard Gruppo, Jr., a native of Bangor, PA, currently serves as an emergency Medicine PA Fellow in the Emergency Department at Madigan Army Medical Center. He arrived at Madigan last June from Fort Campbell, KY, where he was assigned to the

2nd Battalion, 5th Special Forces Group.

Gruppo received the award Apr. 17 at the Presidents Reception of the Society of Army Physician Assistants annual conference in Fayetteville N.C.

Gruppo received his undergraduate degree through the Army Physician Assistant Program, from the University of Oklahoma, and a Master degree, with a specialization in Emergency Medicine, from the University of Nebraska.

According to CPT James McClellan, M.D., 5th Special Forces Group Battalion Surgeon, "CPT Gruppo is a first-rate, gifted medical officer who is a tremendous asset. His leadership abilities and knowledge have earned him great respect within this com-

mand."

Currently there are about 525 PAs serving in the active Army. Physician assistants take medical histories, perform physical examinations, diagnose and treat illnesses, order and interpret laboratory tests, perform minor surgery, prescribe medications, and play an active role in patient education and counseling.

CPT Gruppo is a very busy physician assistant. Not only is he involved in patient care, but he is also conducting a research study and participated in a high altitude illness study that included climbing to the 14,411 foot summit of Mount Rainier. His study examines eye injuries sustained by Military Free-Fall parachutists.

*(Continued on page 3)*



## Gruppo Selected Army Physician Assistant of the Year Cont.

*(Continued from page 2)*

But Gruppo's talent doesn't end there. While assigned to the 5th Special Forces, Gruppo frequently deployed to third world countries on humanitarian missions, known as Medical Civic Action Programs or MedCAPs. He said such deployments gave him the idea to write a book that would help medical officers prepare for future MedCAPs. "The planning and execution of MedCAP is labor and time intensive. I realized that there was nothing in place to assist medical officers in preparing for these missions," he explained. Through his own initiative, Gruppo developed an 82-page book entitled The 5th Spe-

cial Forces Group, MedCAP Planning Guide. This pivotal work now serves the entire U.S. Army Special Forces for the planning and execution of MedCAPs to remote areas all over the world.

Some of his other recent accomplishments include a 16-hour Diving Medical Technician refresher course endorsed by USA-SOC. His operations orders and staff presentations are used as examples in the Medical Officer Basic Course. He co-authored a Malaria CME article that will appear in the June issue of the "Federal Practitioner," films of his NBC and Mass casualty exercises are used for training by some of the OC's at JRTC and NTC.

When asked what is the best part of his job, Gruppo responded, "Our main job as medical officers, or anyone else in the health care field, is to keep the fighting force strong and able to fight. Although patient care is very rewarding, operational medicine is what I find most satisfying."

Gruppo is scheduled to complete his fellowship in June. Then, he will transfer to Fort Hood, Texas to work in the Emergency Department. As for the future, he said he plans to retire from the Army and may well stay in beyond 20 years.

## Excellence in Pharmacy Practice Nets Beaudoin AMSUS Honors

LTC Wyonna Bice-Stephens

COL Dennis R. Beaudoin, chief, Oncology and Investigational Pharmacy, received the Association of Military Surgeons of the United States (AMSUS) Award for Excellence in Clinical Pharmacy Practice at the annual AMSUS conference held in Anaheim, CA in November.

Designed "to recognize sustained excellence in the provision of pharmaceutical care and to grant recognition and promote awareness of federal pharmacists who distinguish themselves in the

provision of pharmaceutical care," Col. Beaudoin says he received the award for "just doing my job," but the facts say otherwise.

The colonel was one of the first pharmacists in the country to be board certified in oncology, an accomplishment of less than 200 pharmacists, including only five in the Army. He continues to provide direct patient care to many pediatric and adult medical patients and oversees all investigational drugs used at Madigan, where he is the Alternate Chair-

person of the Institutional Review Board.

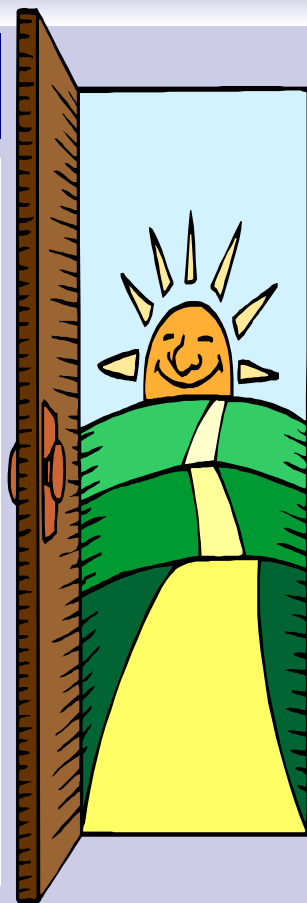
He was also one of the first pharmacists to complete the American Society of Health-System Pharmacists accredited Oncology Residency Program at Walter Reed Army Medical Center, a program he co-wrote while in attendance. Beaudoin became interested in the treatment of cancer when he was assigned to a remote site where patients required chemotherapy, but it was not

*(Continued on page 4)*

## Reed Honored by the Army Surgeon General Cont.

*(Continued from page 1)*

winning this award means to him, Reed responded, "This award represents the highest recognition the U.S. Army could offer me. It means more than promotion to Colonel, since it is based upon both ones' academic as well as leadership accomplishments. It means more than the recognition of "peer-reviewed" publications or results from research studies, since it is given by our local Army community for work accomplished in the Department of Defense. This award carries deeper appreciation by me than any other form of recognition I have received in the last 25 years of my academic career."



## Excellence in Pharmacy Cont.

*(Continued from page 3)*

available in the area. Colonel Beaudoin quickly sought oncology training, which enabled the patients to continue living in their current surroundings.

Beaudoin oversees the Pharmacy Practice Residency at Madigan Army Medical Center—one of four army sites where pharmacists receive advanced clinical pharmacy training. He also mentors students completing their Doctor of Pharmacy Degree at the University of Washington and Washington State University.

Born in Lowell, Mass., he received his Bachelor of Science in Pharmacy Degree from Northeastern University in Boston and a Master's of Art Degree in Information Systems Management from Webster University in Saint Louis.

## Naval Hospital Oak Harbor Health & Fitness Fair Upcoming

Live demonstrations, booths, handouts, door prizes, and a visit by McGruff, the Crime Dog, will all contribute to the fun of attending the Health and Fitness Fair at the NAS Whidbey Island Fitness Center on Saturday, May 18<sup>th</sup>.

Sponsored by Naval Hospital, Oak Harbor and Island Hospital in Anacortes, WA, the Health and Fitness Fair will provide extensive information designed to aid people in taking control of their own health and wellness. The event is open to the public and will take place between 10:00 a.m. and 4:00 p.m.

Among the various services that will be provided at the Fair will be hearing, vision & developmental screenings for infants and toddlers, measurement of young children for proper car seat usage, and face painting. Family Physicians Ron Baldwin and Meg Sweeney, as well as Naval Hospital medical personnel will be on hand to give medical advice pertaining to good health and fitness. D.A.R.E. will have a booth, as will Naval Hospital's Immunization Clinic and Family Service's Counseling, Advocacy, and Prevention Services.

Live entertainment will be pro-

vided throughout the day by the On Broadway Dance Academy and the Seikikai Aikido Martial Arts group. Each will donate a door-prize of one month of free classes. There will be many other door prizes awarded at the fair including stadium cups and balloons.

Co-chairmen for the event are LCDR Raymond Phillips, LT Curt Andersen, and Jennifer Gaughan, all from Naval Hospital, Oak Harbor, and Dennis Richards, Island Hospital Director for Community Relations.